

WEIDER® 8507

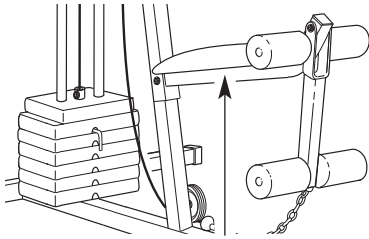
TRAINING SYSTEM

USER'S MANUAL

Model No. WEEMSY87010

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

Or write:

ICON Health & Fitness Ltd.

Unit 4

Revie Road Industrial Estate

Revie Road

Beeston

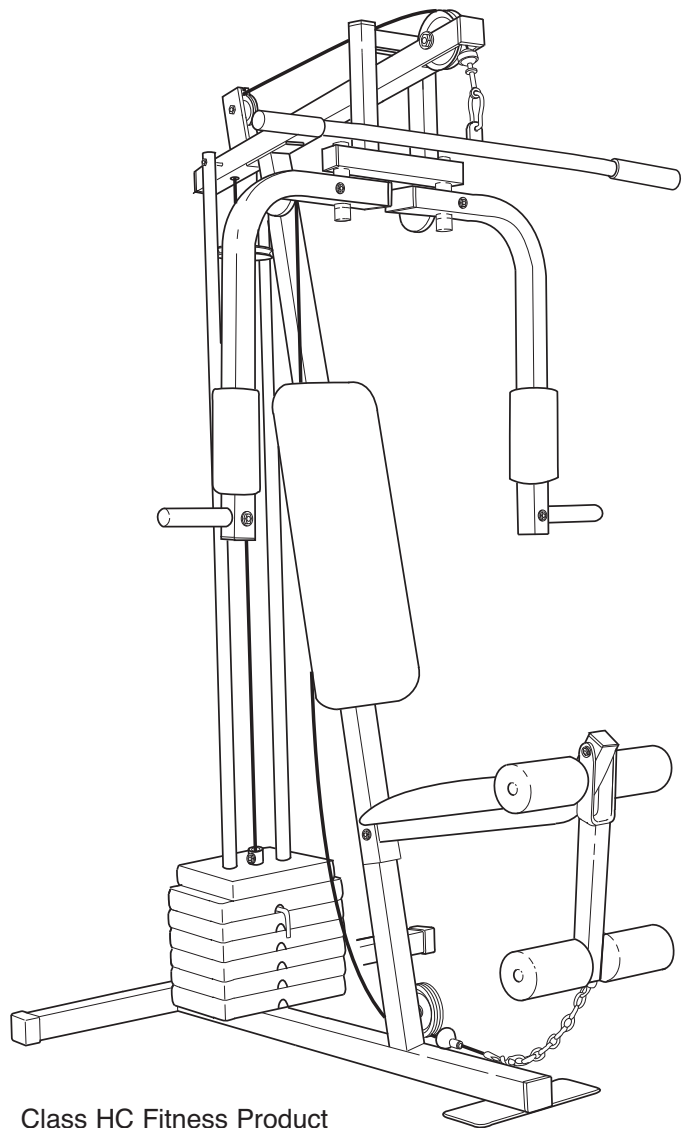
Leeds, LS11 8JG

UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Class HC Fitness Product



Visit our website at

www.weiderfitness.com

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Note: A PART IDENTIFICATION CHART is attached to the centre of this manual. Remove the PART IDENTIFICATION CHART before beginning assembly.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the training system.

1. It is the responsibility of the owner to ensure that all users of the training system are adequately informed of all precautions.
2. Read all instructions in this manual and in the accompanying literature before using the training system.
3. Use the training system only on a level surface. Place a mat beneath the training system to protect the floor or carpet.
4. Inspect and tighten all parts often. Replace any worn parts immediately.
5. Keep children under 12 and pets away from the training system at all times.
6. Never release the arms, leg lever, lat bar, or nylon strap while weights are raised. The weights will fall with great force.
7. Keep hands and feet away from moving parts. Always wear athletic shoes for foot protection.
8. Always stand on the foot plate when performing an exercise that could cause the training system to tip.
9. The training system is intended for use by only one person at a time; the maximum user weight is 115 kg (250 lbs.).
10. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
11. Always disconnect the lat bar from the training system when performing an exercise that does not use the lat bar.
12. Always lock the weight stack when the training system is not in use.
13. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
14. The training system is intended for home use only. Do not use the training system in any commercial, rental, or institutional setting.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 8507 Training System. The WEIDER® 8507 offers an impressive array of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the WEIDER® 8507 will help you to achieve the specific results you want.

For your safety and benefit, read this manual carefully before using the WEIDER® 8507 Training

System. If you have additional questions, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is WEEMSY87010. The serial number can be found on a decal attached to the WEIDER 8507 (see the front cover of this manual).

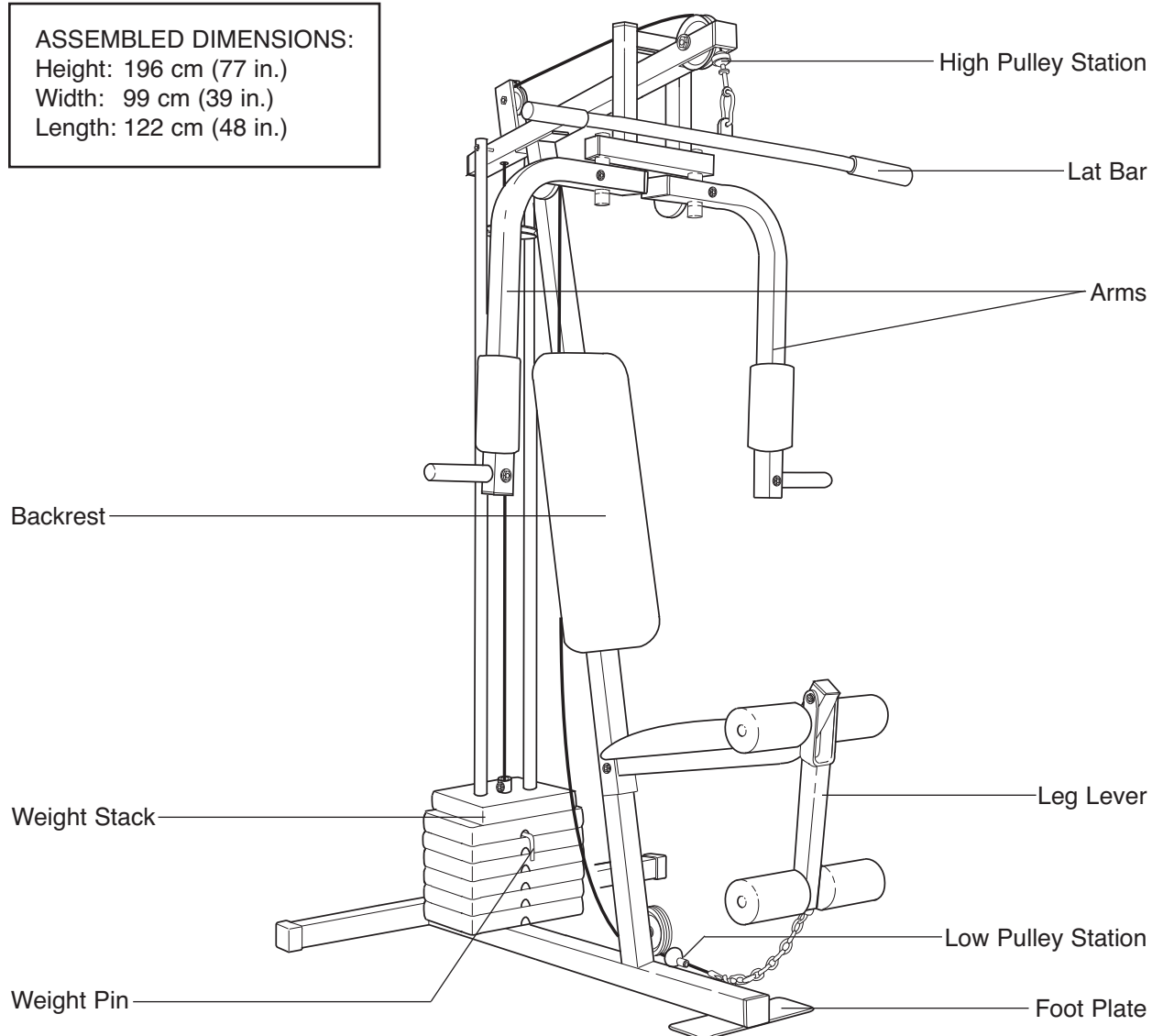
Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.

ASSEMBLED DIMENSIONS:

Height: 196 cm (77 in.)

Width: 99 cm (39 in.)

Length: 122 cm (48 in.)






ASSEMBLY

Assembly requires two people. Due to the size and weight of the training system, assemble it in the location where it will be used.

- Place all parts of the training system in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Before beginning, read each assembly step and look at each drawing carefully.
- For help identifying small parts used in assembly, **refer to the PART IDENTIFICATION CHART attached to the centre of this manual.**
- During assembly, be sure that all parts are oriented as shown in the drawings.

- Tighten all parts as you attach them, unless instructed to do otherwise.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- **two (2) adjustable wrenches** 
- **one (1) phillips screwdriver** 
- **one (1) rubber mallet** 
- **lubricant, such as grease or petroleum jelly, and soapy water are also required.**

To simplify assembly, the following tools are recommended: a socket set, open or closed wrenches, or ratchet wrenches.

1. **Before you begin, make sure that you have carefully read the instructions at the top of this page.**

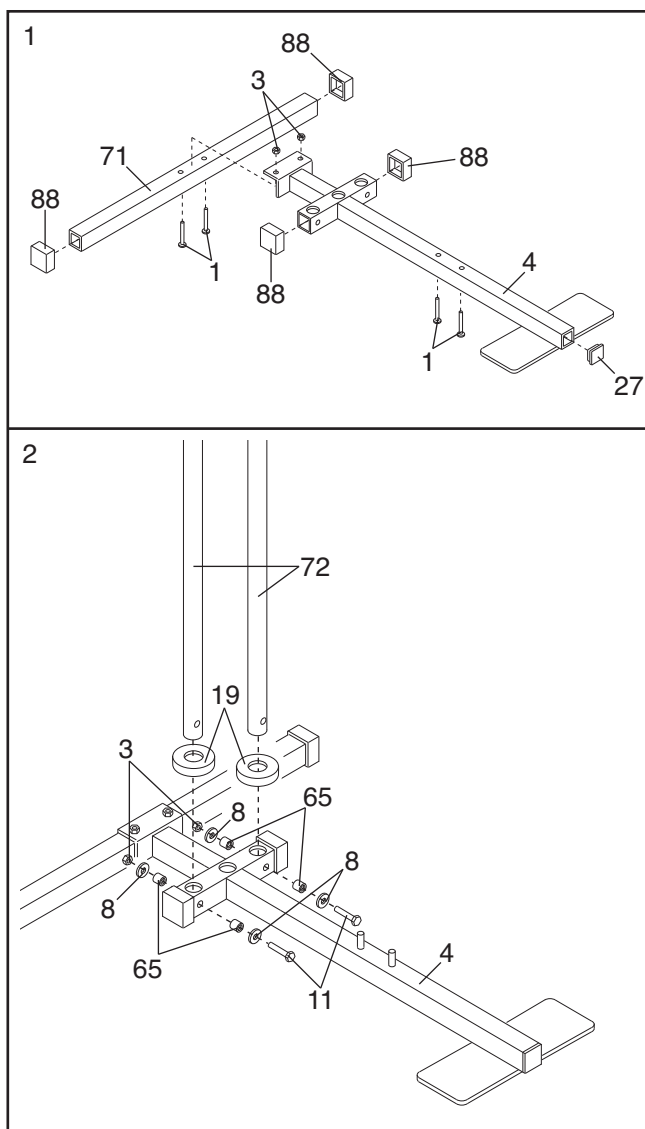
Press a 2" Square Outer Cap (88) onto each end of the Stabiliser (71). Press a 2" Square Outer Cap onto each side of the Base (4). Press a 2" Square Inner Cap (27) into the end of the Base.

Insert two 5/16" x 2 1/2" Carriage Bolts (1) up through the Stabiliser (71). Insert two 5/16" x 2 1/2" Carriage Bolts up through the Base (4).

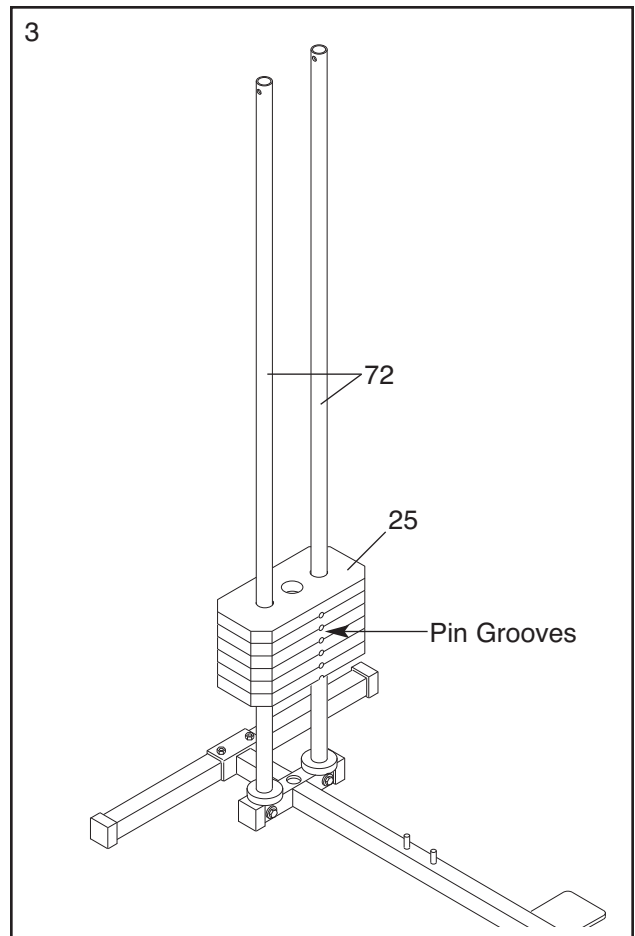
Slide the indicated end of the Base (4) onto the 5/16" x 2 1/2" Carriage Bolts (1) in the Stabiliser (71). Tighten a 5/16" Nylon Locknut (3) onto each Carriage Bolt.

2. Set two Weight Bumpers (19) on the Base (4) as shown.

Insert the Weight Guides (72) into the Weight Bumpers (19) and the Base (4). Attach each Weight Guide to the Base with a 5/16" x 2 3/4" Bolt (11), two 5/16" Washers (8), two 1/2" x 1/2" Spacers (65), and a 5/16" Nylon Locknut (3).



3. Slide six Weights (25) onto the Weight Guides (72). Be sure that all of the Weights are turned so the pin grooves are on the indicated side.

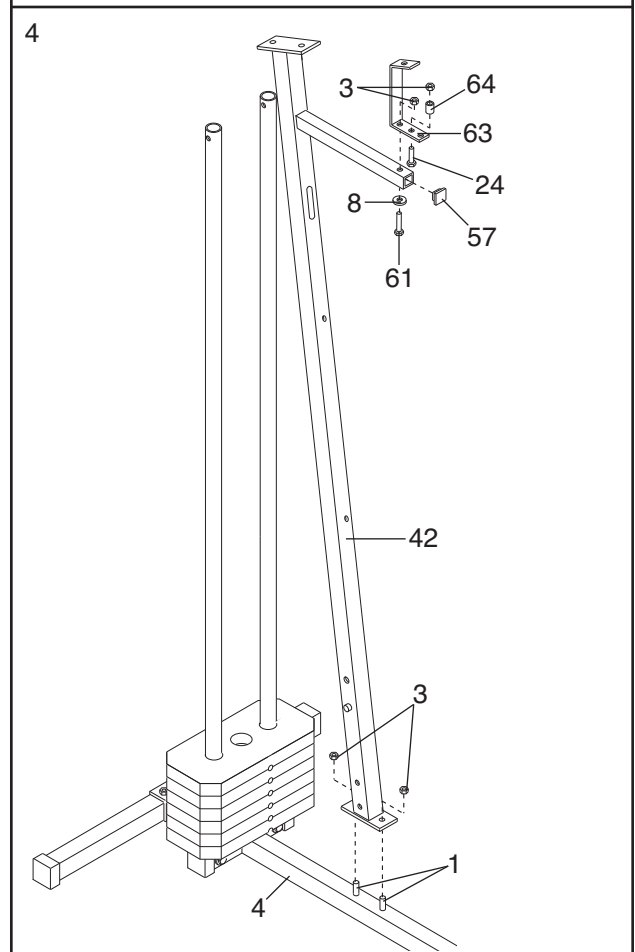


4. Press the 1 1/4" Square Inner Cap (57) into the Front Upright (42).

Attach the 1" Plastic Stop (64) to the **centre hole** in the Stop Bracket (63) with a 5/16" x 1 1/2" Bolt (24) and 5/16" Nylon Locknut (3).

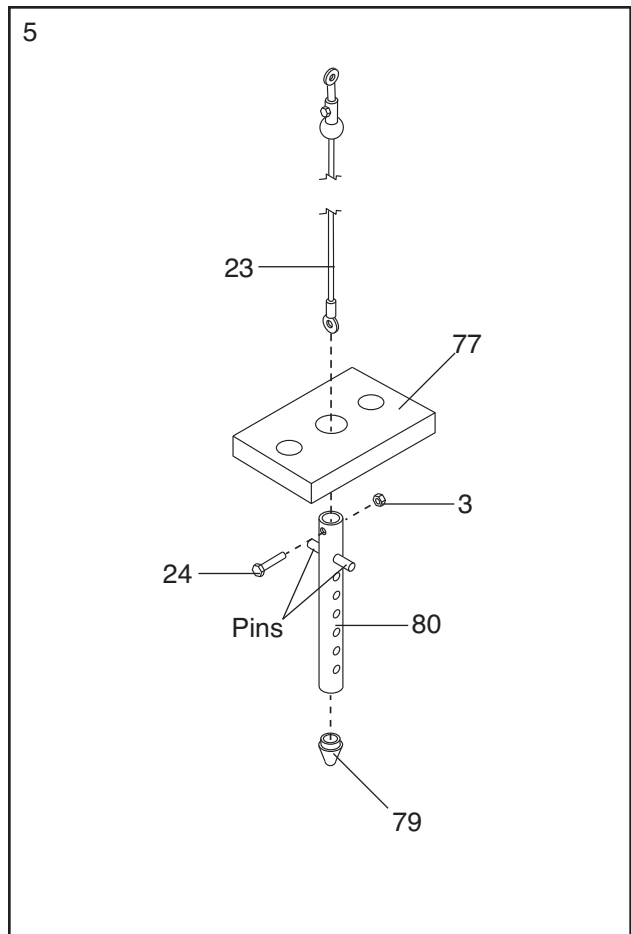
Attach the Stop Bracket (63) to the Front Upright (42) with a 5/16" x 2" Bolt (61), 5/16" Washer (8), and 5/16" Nylon Locknut (3).

Slide the Front Upright (42) onto the two 5/16" x 2 1/2" Carriage Bolts (1) in the Base (4). Thread two 5/16" Nylon Locknuts (3) onto the Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**

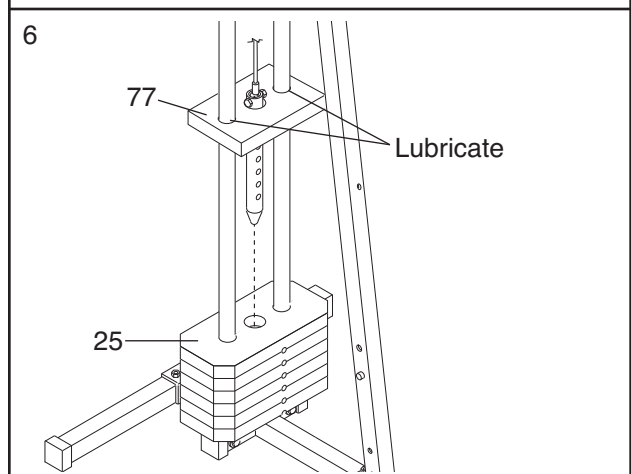


5. Press the Weight Tube Bumper (79) into the end of the Weight Tube (80). Slide the Top Weight (77) onto the Weight Tube. Be sure that the pins on the Weight Tube are resting in the pin grooves under the Top Weight.

Locate the Short Cable (23). Attach the Short Cable to the Weight Tube (80) with a 5/16" x 1 1/2" Bolt (24) and a 5/16" Nylon Locknut (3).



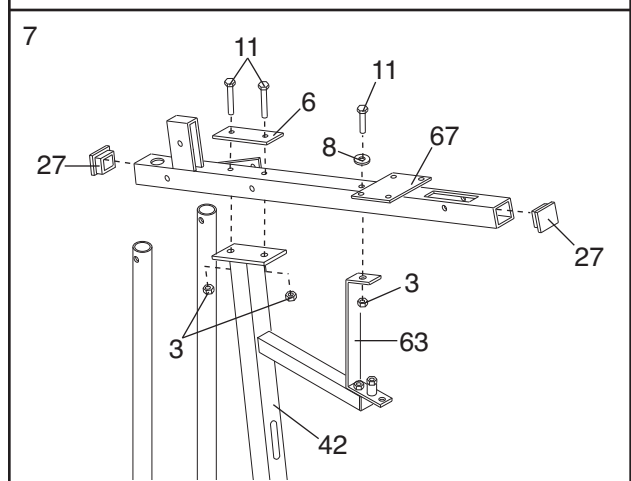
6. Lubricate the insides of the holes in the Top Weight (77). Slide the Top Weight onto the stack of Weights (25).



7. Press two 2" Square Inner Caps (27) into the Top Frame (67).

Attach the Top Frame (67) to the Front Upright (42) with two 5/16" x 2 3/4" Bolts (11), the Support Plate (6), and two 5/16" Nylon Locknuts (3). **Do not tighten the Nylon Locknuts yet.**

Attach the Top Frame (67) to the Stop Bracket (63) with a 5/16" x 2 3/4" Bolt (11), 5/16" Washer (8), and 5/16" Nylon Locknut (3). **Do not tighten the Nylon Locknut yet.**

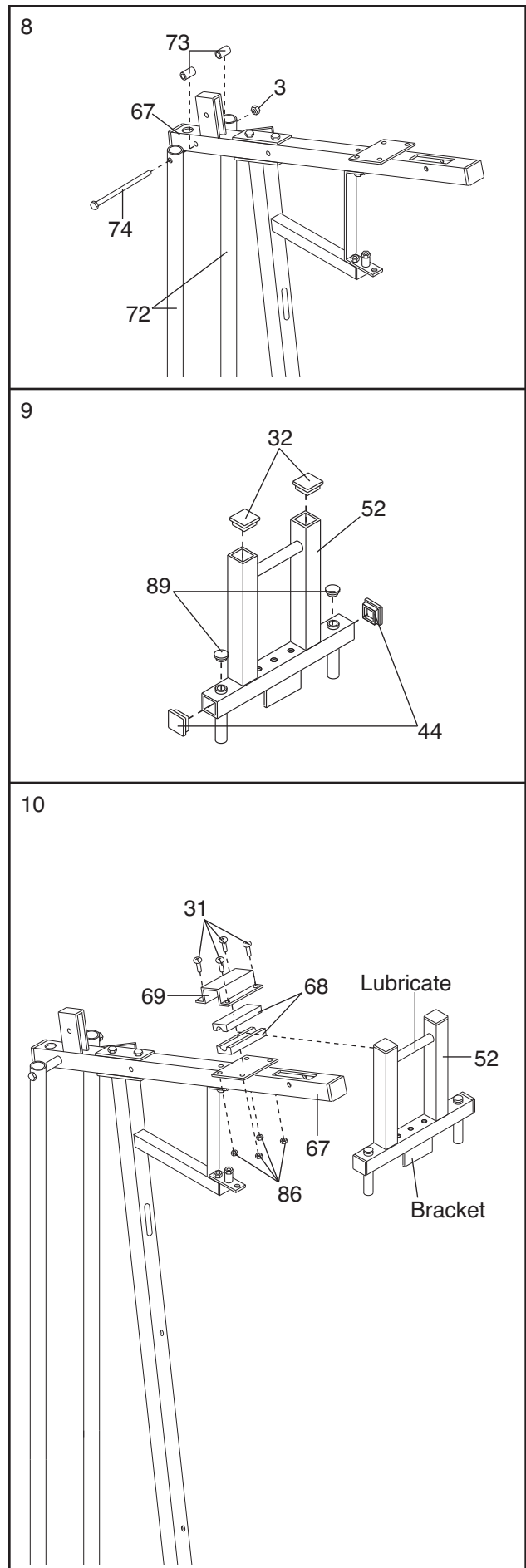


8. Attach the upper ends of the Weight Guides (72) to the Top Frame (67) with the 5/16" x 6" Bolt (74), two 1/2" x 3/4" Spacers (73), and a 5/16" Nylon Locknut (3).

Tighten all Nylon Locknuts used in steps 4 through 8.

9. Press two 1 3/4" Square Inner Caps (44), two 1 1/2" Square Inner Caps (32), and two Round Inner Caps (89) into the Arm Frame (52).

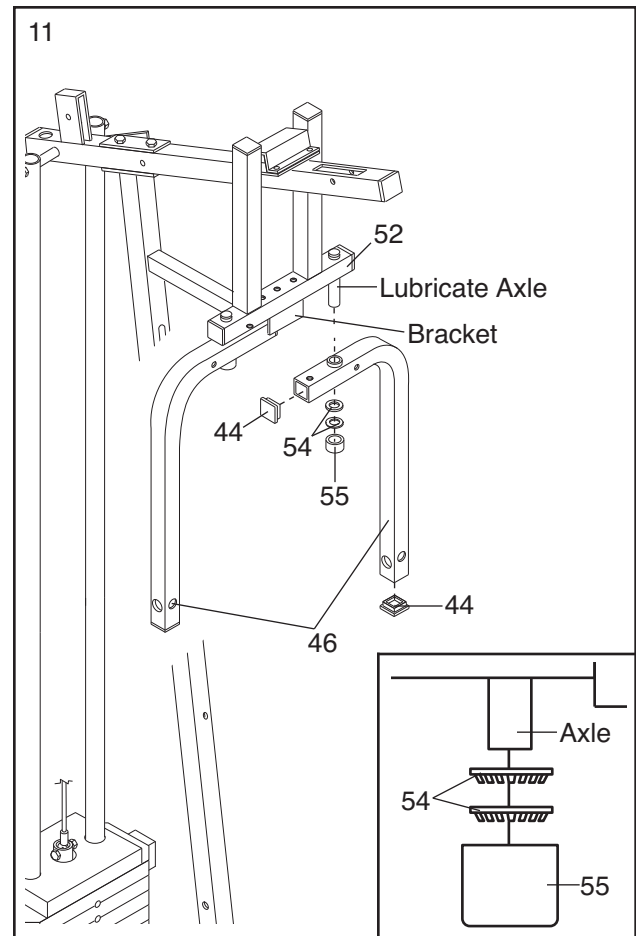
10. Lubricate the upper axle on the Arm Frame (52). Hold the axle between the two Arm Frame Bushings (68). Set the Arm Frame Bushings and the Arm Frame on the welded plate on the Top Frame (67). **Make sure that the Arm Frame is turned so the bracket is on the side shown.** Place the Arm Frame Bracket (69) over the Arm Frame Bushings. Attach the Arm Frame Bracket to the Top Frame with four 1/4" x 1/2" Screws (31) and 1/4" Nylon Jam Nuts (86).



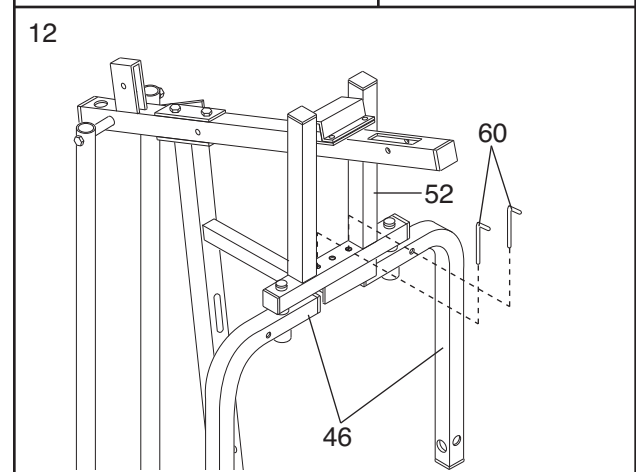
11. Press a 1 3/4" Square Inner Cap (44) into each end of an Arm (46).

Apply lubricant to the lower axles on the Arm Frame (52). Slide an Arm (46) onto one of the axles. Hold two 1" Retainers (54) and a 1" Round Cover Cap (55) against the lower end of the axle. **The teeth on the Retainers must bend toward the Round Cover Cap (see the inset drawing).** Tap the Retainers and Round Cover Cap onto the axle.

Assemble the other Arm (46) to the Arm Frame (52) in the same manner.



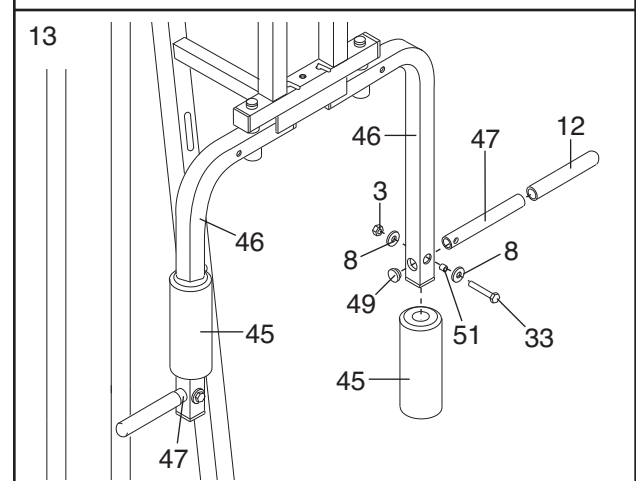
12. Insert the two 4 1/2" "L" Pins (60) down through the indicated holes in the Arm Frame (52) and the Arms (46).



13. Wet both Arms (46) with soapy water. Slide a 7 3/4" Pad (45) onto each Arm.

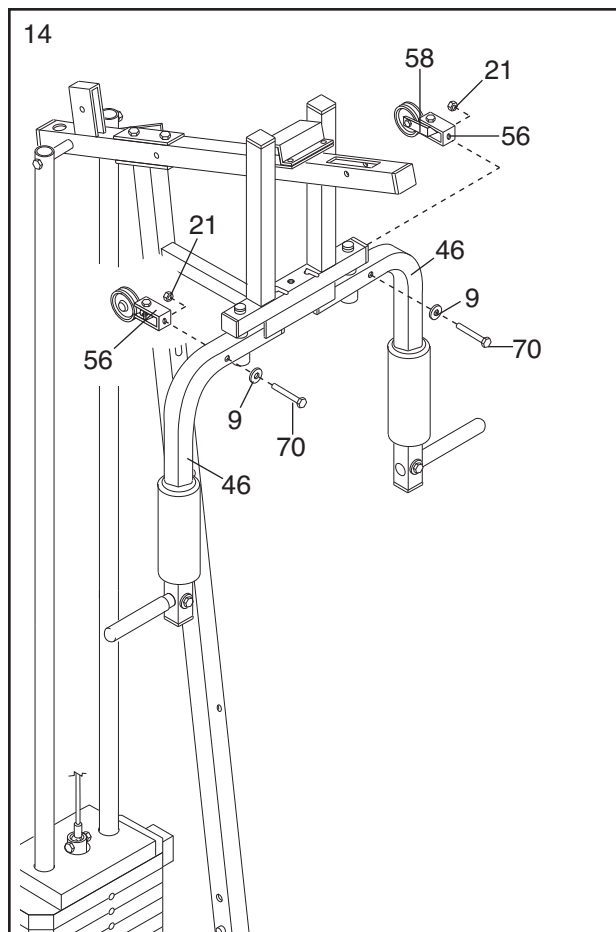
Slide a Handgrip (12) into the indicated end of a 7" Handle (47). Insert the Handle into one of the Arms (46). Attach the Handle with a 5/16" x 2 1/4" Bolt (33), two 5/16" Washers (8), a 1/2" x 3/8" Spacer (51), and a 5/16" Nylon Locknut (3).

Attach a 7" Handle (47) to the other Arm (46) in the same manner.



14. Attach a Large “U” Bracket (56) to one of the Arms (46) with a $\frac{3}{8}$ ” x $2\frac{3}{4}$ ” Bolt (70), $\frac{3}{8}$ ” Washer (9), and $\frac{3}{8}$ ” Nylon Locknut (21). **Be sure that the Swivel Bracket (58) is on the inside as shown. Do not overtighten the $\frac{3}{8}$ ” Nylon Locknut.**

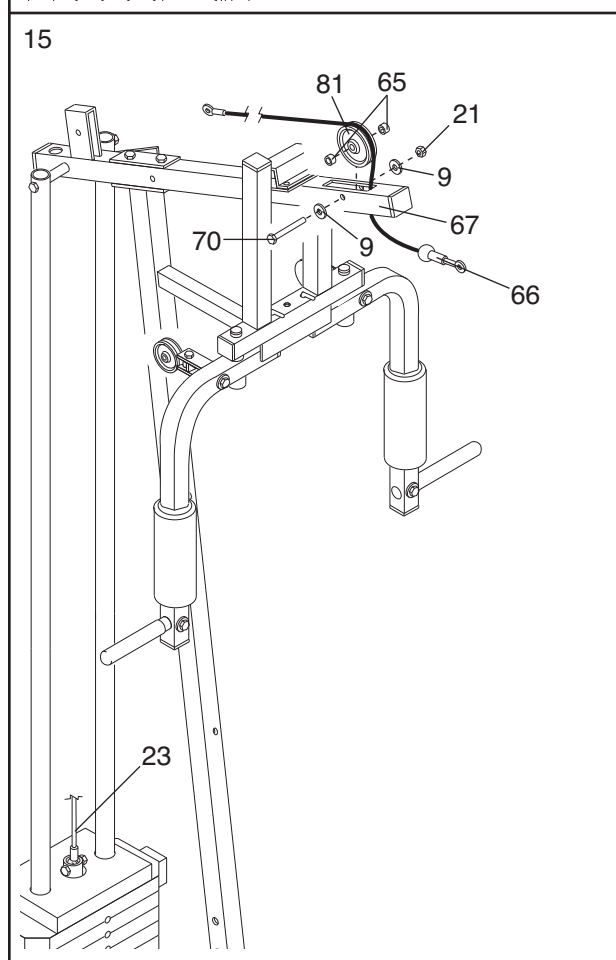
Attach a Large “U” Bracket (56) to the other Arm (46) in the same manner.



15. **IMPORTANT: As you assemble the Long Cable (66) and the Short Cable (23), refer to the CABLE DIAGRAMS on page 20 of this manual to make sure that the Cables are properly routed.**

Find the end of the Long Cable (66) that does not have a rubber ball. Insert that end of the Long Cable up through the indicated opening in the Top Frame (67).

Lay the Long Cable (66) over a 4 $\frac{1}{2}$ ” Pulley (81). Attach the Pulley inside the Top Frame (67) with a $\frac{3}{8}$ ” x $2\frac{3}{4}$ ” Bolt (70), two $\frac{3}{8}$ ” Washers (9), the two $\frac{1}{2}$ ” x $\frac{1}{2}$ ” Spacers (65), and a $\frac{3}{8}$ ” Nylon Locknut (21).



16. Remove the 3/8" x 1 3/4" Bolt (48), 3/8" Nylon Jam Nut (5), and 3 1/2" Pulley (15) from the indicated bracket on the Top Frame (67). Insert the end of the Long Cable (66) through the bracket and down through the indicated hole.

Re-attach the 3 1/2" Pulley (15) to the bracket on the Top Frame (67) with the 3/8" x 1 3/4" Bolt (48) and 3/8" Nylon Jam Nut (5). **Be sure that the Long Cable is between the Pulley and the top of the bracket.**

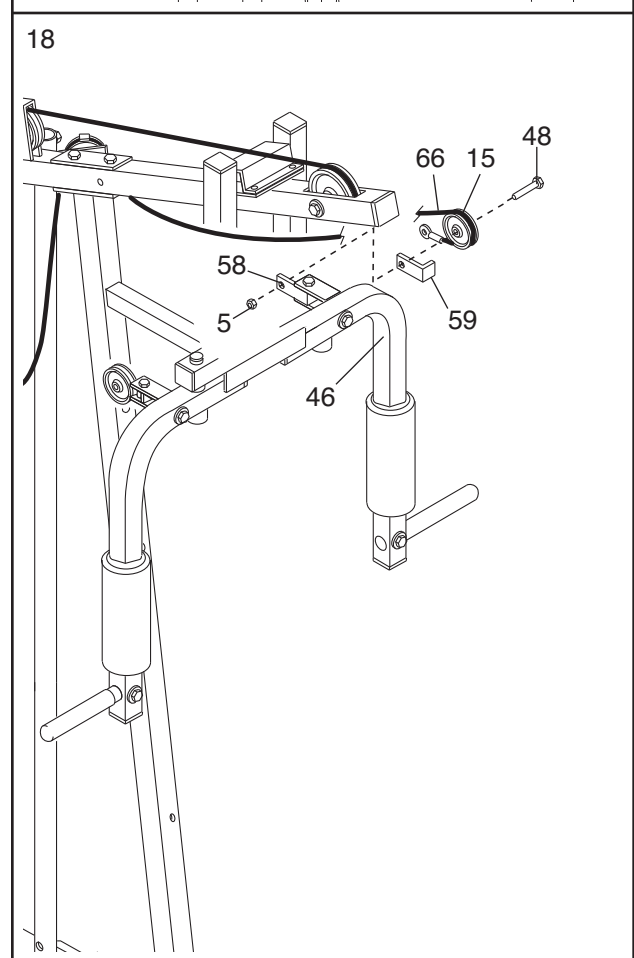
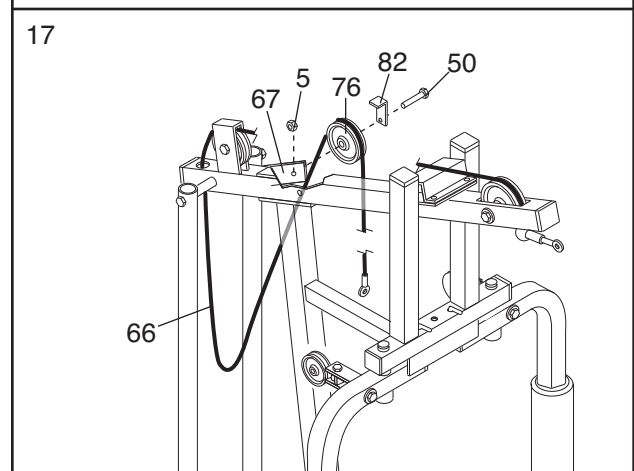
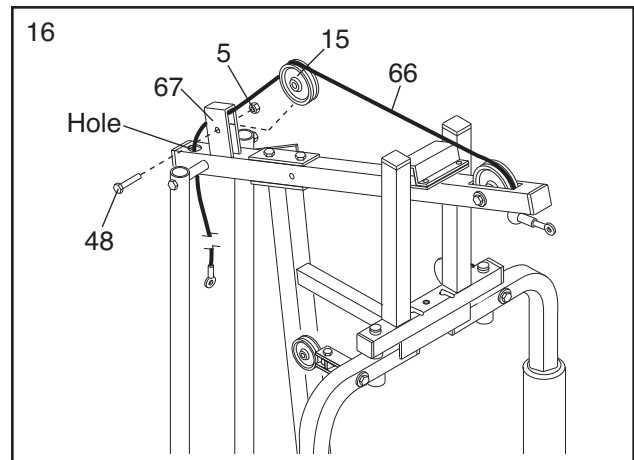
17. Wrap the Long Cable (66) around the "V" Pulley (76). Attach the Pulley and a Large Cable Trap (82) to the welded bracket on the Top Frame (67) with a 3/8" x 2 1/4" Bolt (50) and 3/8" Nylon Jam Nut (5). **Be sure that the Large Cable Trap is turned to the indicated position.**

18. **Note: The 3 1/2" Pulley (15) used in this step is pre-assembled. It is shown removed for easier part identification.**

Remove the 3/8" x 1 3/4" Bolt (48), the 3/8" Nylon Jam Nut (5), Cable Trap (59), and the 3 1/2" Pulley (15) from the Swivel Bracket (58) on the left Arm (46).

Wrap the Long Cable (66) around the 3 1/2" Pulley (15). Re-attach the Pulley to the Swivel Bracket (58) with the 3/8" Nylon Jam Nut (5) and 3/8" x 1 3/4" Bolt (48).

Be sure that the Cable Trap (59) is oriented as shown.

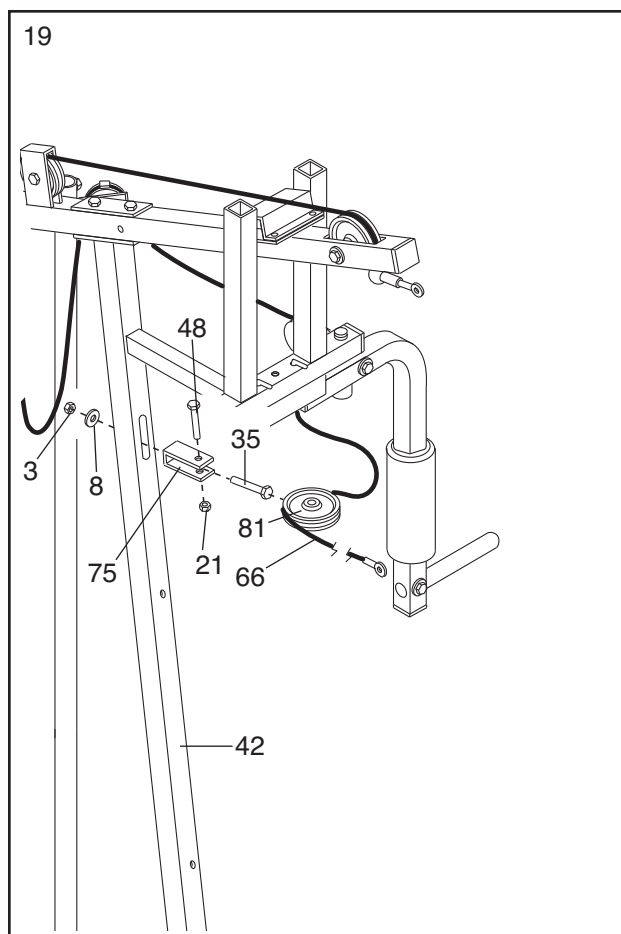


19. **Note: The 4 1/2" Pulley (81) shown in this step is pre-attached to the Adjustment "U" Bracket (75).**

Remove the 3/8" x 1 3/4" Bolt (48), 3/8" Nylon Lock Nut (21), and the 4 1/2" Pulley (81) from the Adjustment "U" Bracket (75).

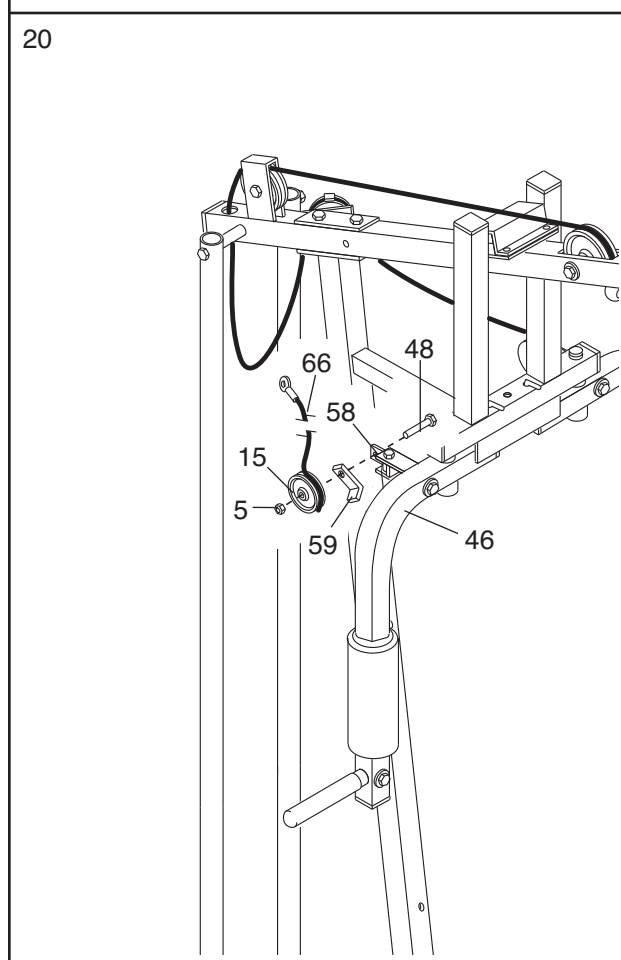
Attach the Adjustment "U" Bracket (75) to the Front Upright (42) with the 5/16" x 3 1/4" Bolt (35), a 5/16" Washer (8), and a 5/16" Nylon Locknut (3). **Thread the Nylon Locknut onto the Bolt until the first two threads of the Bolt are through the Nylon Locknut.**

Wrap the Long Cable (66) around the 4 1/2" Pulley (81) as shown. Re-attach the Pulley to the Adjustment "U" Bracket (75) with the 3/8" x 1 3/4" Bolt (48) and 3/8" Nylon Locknut (21).



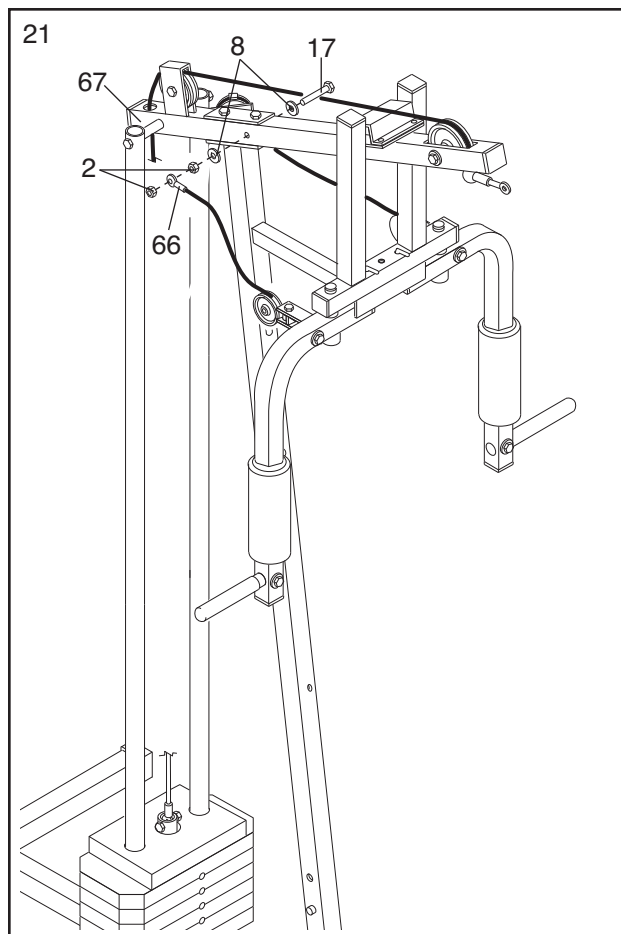
20. **Note: The 3 1/2" Pulley (15) used in this step is pre-assembled. It is shown removed for easier part identification.**

Wrap the Long Cable (66) around the 3 1/2" Pulley (15) on the right Arm (46). Tighten the 3/8" Nylon Jam Nut (5) and 3/8" x 1 3/4" Bolt (48). **Be sure that the Cable Trap (59) is oriented as shown.**

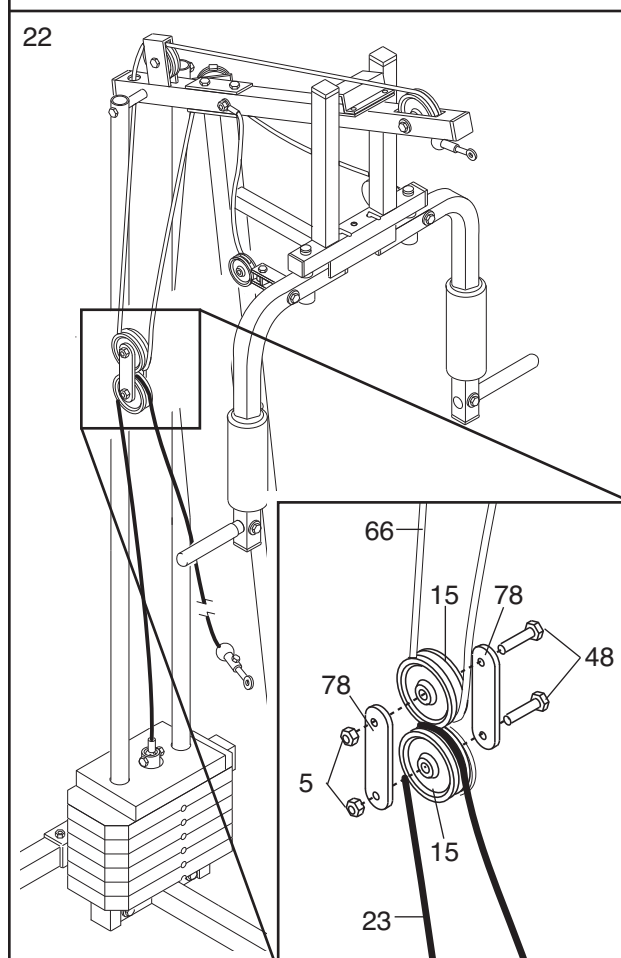


21. Attach the 5/16" x 3" Bolt (17), two 5/16" Washers (8), and a 5/16" Nylon Jam Nut (2) to the indicated hole in the Top Frame (67).

Slide the end of the Long Cable (66) onto the 5/16" x 3" Bolt (17). Tighten another 5/16" Nylon Jam Nut (2) onto the Bolt. **Note: The 5/16" Nylon Jam Nut should not be fully tightened against the end of the Cable. There must be enough room between the Nylon Jam Nuts for the end of the Cable to pivot.**

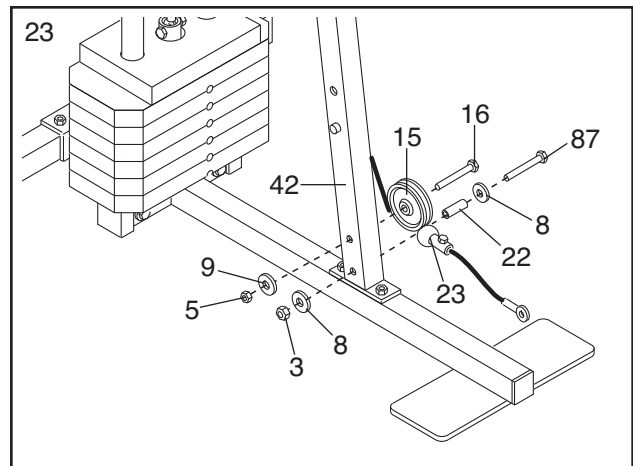


22. See the inset drawing. Assemble the two "I" Plates (78), two 3 1/2" Pulleys (15), the Long Cable (66), and the Short Cable (23) with the two 3/8" x 1 3/4" Bolts (48) and two 3/8" Nylon Jam Nuts (5) as shown.

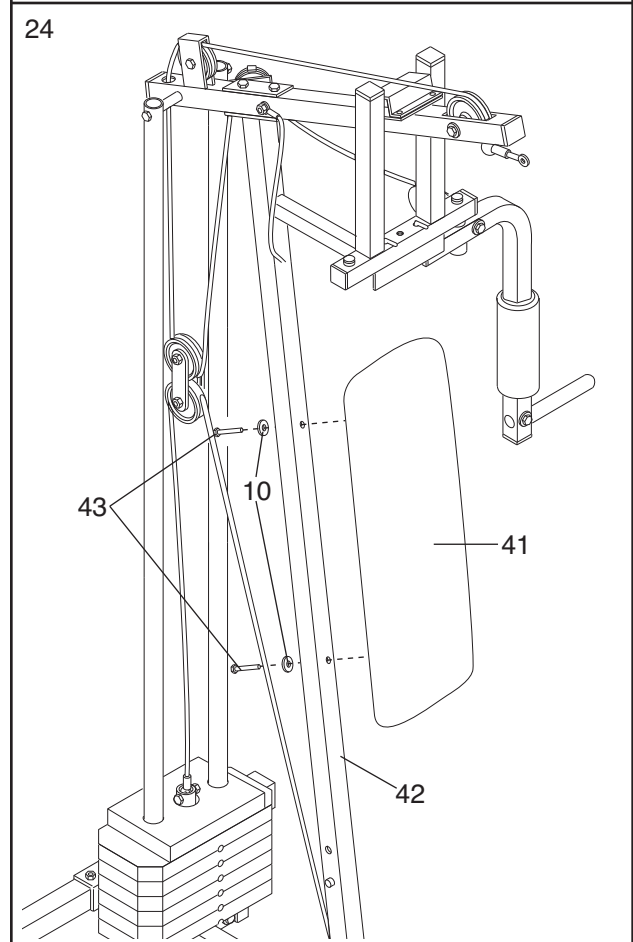


23. Attach the 5/16" x 3 1/2" Bolt (87), two 5/16" Washers (8), the 1" Metal Spacer (22), and a 5/16" Nylon Locknut (3) to the Front Upright as shown.

Wrap the Short Cable (23) around a 3 1/2" Pulley (15). Attach the Pulley to the Front Upright (42) with a 3/8" x 3 1/2" Bolt (16), a 3/8" Washer (9), and a 3/8" Nylon Jam Nut (5). **Be sure that the Short Cable is between the Pulley and the Metal Spacer.**



24. Attach the Backrest (41) to the Front Upright (42) with two 1/4" x 2 1/2" Screws (43) and 1/4" Washers (10).

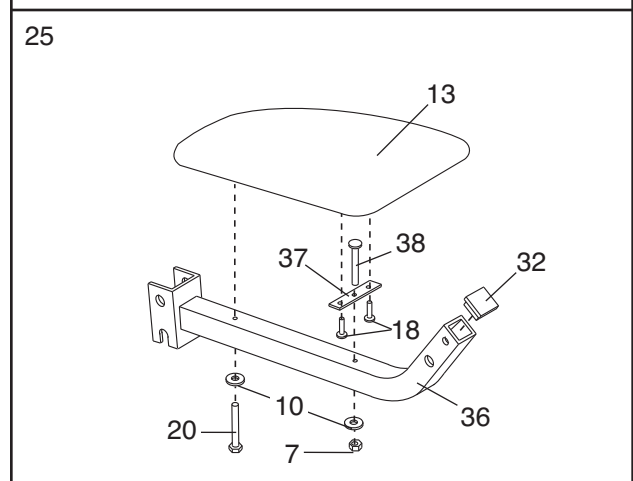


25. Press a 1 1/2" Square Inner Cap (32) into the Seat Frame (36).

Insert a 1/4" x 2" Carriage Bolt (38) into the centre hole in the Seat Plate (37). Attach the Seat Plate to the narrow end of the Seat (13) with two 1/4" x 3/4" Screws (18).

Insert the 1/4" x 2" Carriage Bolt (38) into the indicated hole in the Seat Frame (36). Tighten a 1/4" Nylon Locknut (7) with a 1/4" Washer (10) onto the Carriage Bolt.

Attach the other end of the Seat (13) to the Seat Frame (36) with a 1/4" Washer (10) and the 1/4" x 2" Screw (20).



26. Press a 1 1/2" Square Inner Cap (32) into the Leg Lever (29).

Attach the 5/16" x 2" Eyebolt (62) to the Leg Lever (29) with a 5/16" Washer (8) and a 5/16" Nylon Locknut (3).

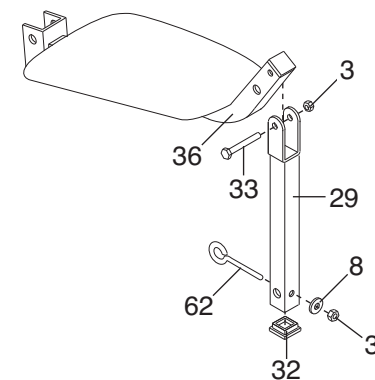
Lubricate a 5/16" x 2 1/4" Bolt (33). Attach the Leg Lever (29) to the Seat Frame (36) with the Bolt and a 5/16" Nylon Locknut (3). **Do not overtighten the Nylon Locknut; the Leg Lever must be able to pivot freely.**

27. Set the bracket on the Seat Frame (36) onto the indicated pin on the Front Upright (42). Attach the Seat Frame with a 5/16" x 2 3/4" Carriage Bolt (14) and the Seat Knob (40).

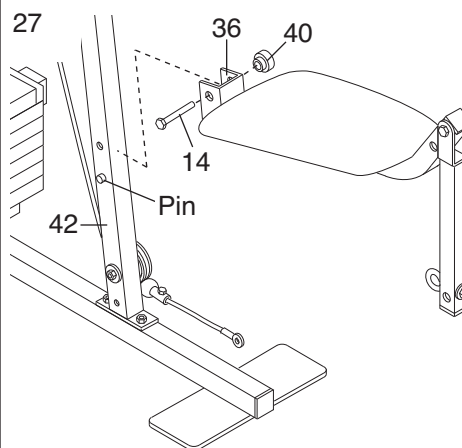
28. Press 3/4" Round Inner Caps (34) into the ends of a Pad Tube (28). Insert the Pad Tube into the Seat Frame (36). Slide a Pad (30) onto each end of the Pad Tube.

Press 3/4" Round Inner Caps (34) into the ends of the other Pad Tube (28). Insert the Pad Tube into the Leg Lever (29). Slide a Pad (30) onto each end of the Pad Tube.

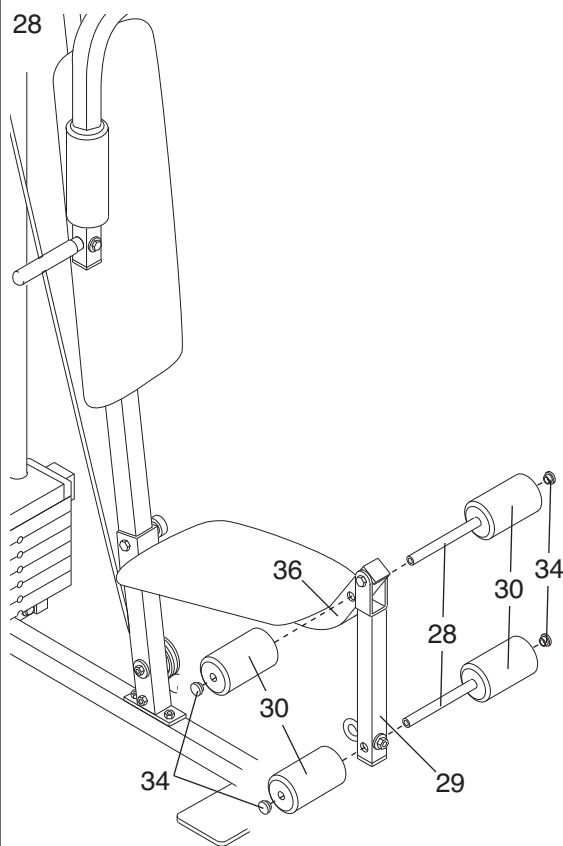
26



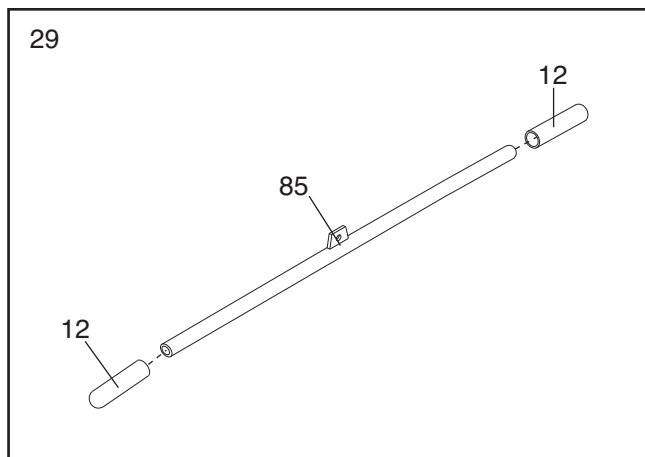
27



28



29. Slide a Handgrip (12) onto each end of the Lat Bar (85).



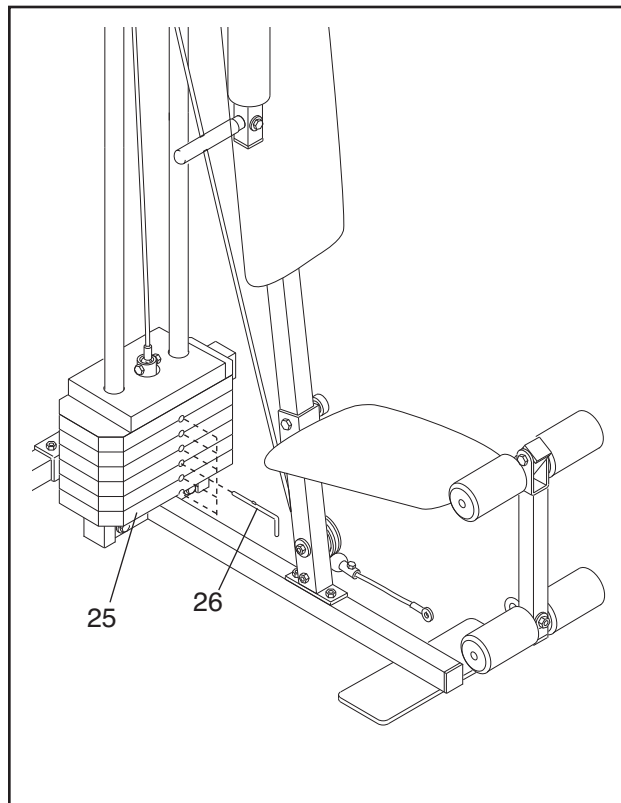
30. Make sure that all parts are properly tightened. The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 16 of this manual. Before using the training system, pull each cable a few times to make sure that the cable moves smoothly over the pulleys. If one of the cables does not move smoothly, locate and correct the problem before using the training system. **IMPORTANT: If the cables are not properly routed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on page 20 of this manual.**

ADJUSTMENT

The instructions below describe how each part of the training system can be adjusted. **IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cable or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

CHANGING THE WEIGHT SETTING

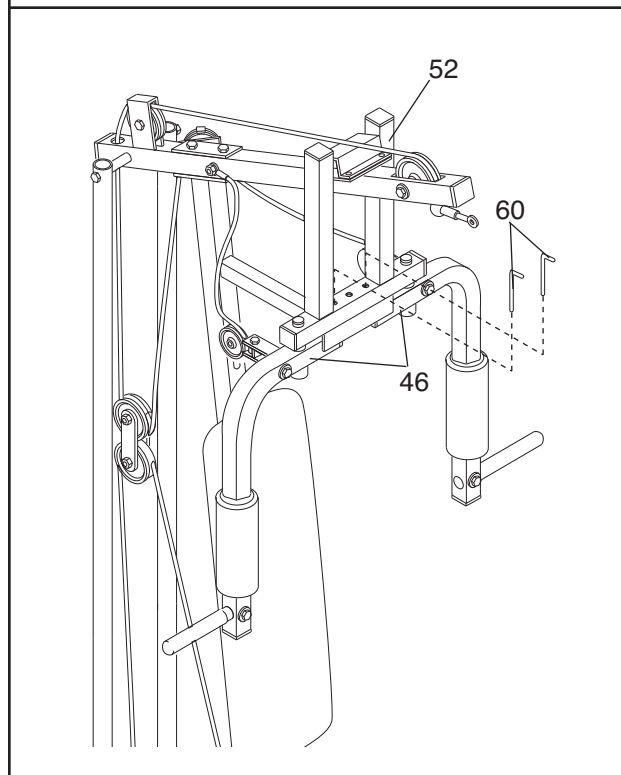
To change the weight setting, insert the Weight Pin (26) under one of the Weights (25). Make sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting can be changed from 6 lbs. to 81 lbs., in increments of 12.5 lbs. (1 kg = 2.2 lbs.). **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station will vary from the weight setting.**



SWITCHING THE ARMS TO THE PRESS MODE OR THE BUTTERFLY MODE

To perform the BENCH PRESS exercise, switch the Arms (46) to the press mode by inserting the two 4 1/2" "L" Pins (60) down through the indicated holes in the Arm Frame (52) and the Arms.

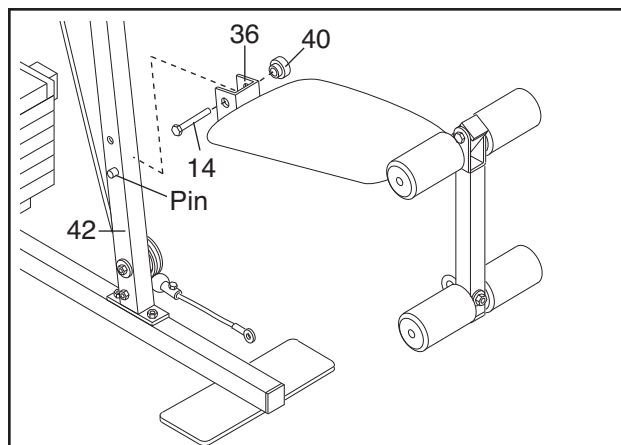
To perform the BUTTERFLY exercise, switch the Arms (46) to the butterfly mode by inserting one of the 4 1/2" "L" Pins (60) down through the hole in the centre of the Arm Frame (52) and the Stop Bracket (not shown). Set the other "L" Pin aside.



ATTACHING AND REMOVING THE SEAT

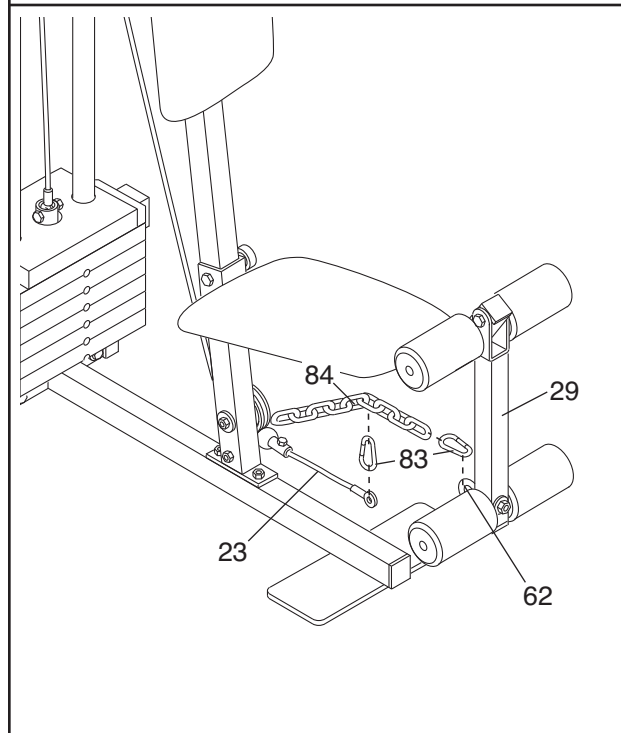
Set the bracket on the Seat Frame (36) on the indicated pin on the Front Upright (42). Attach the Seat Frame to the Front Upright with the 5/16" x 2 3/4" Carriage Bolt (14) and Seat Knob (40).

For some exercises, the Seat (13) must be removed. First, make sure that the chain is not attached to the leg lever. Next, remove the Seat Knob (40) and 5/16" x 2 3/4" Carriage Bolt (14) from the Seat Frame (36). Lift the Seat Frame off the Front Upright (42).



ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

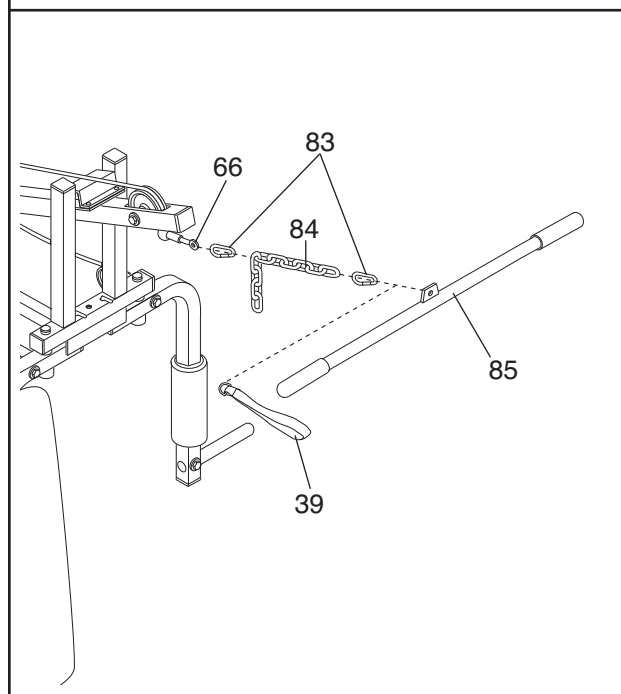
To use the Leg Lever (29), the seat must be attached to the front upright (see ATTACHING AND REMOVING THE SEAT above). Attach the Chain (84) between the Short Cable (23) and the 5/16" x 2" Eyebolt (62) on the Leg Lever with two Cable Clips (83).



ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (85) to the Long Cable (66) with a Cable Clip (83). For some exercises, the Chain (84) should be attached between the Lat Bar and the Long Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Long Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

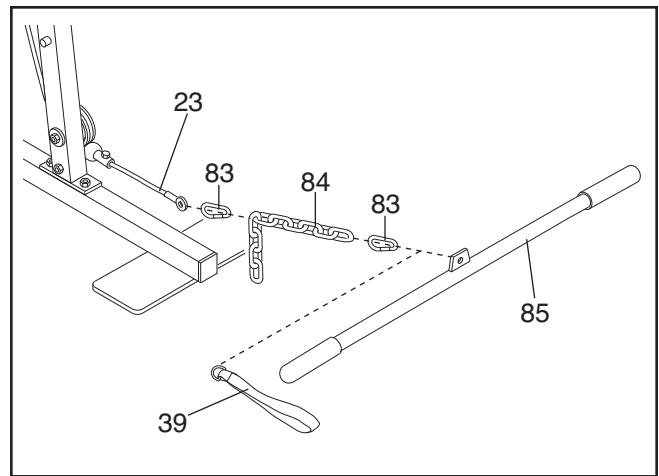
The Nylon Strap (39) can be attached in the same manner.



ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (85) to the Short Cable (23) with a Cable Clip (83). For some exercises, the Chain (84) should be attached between the Lat Bar and the Short Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Short Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

The Nylon Strap (39) can be attached in the same manner.

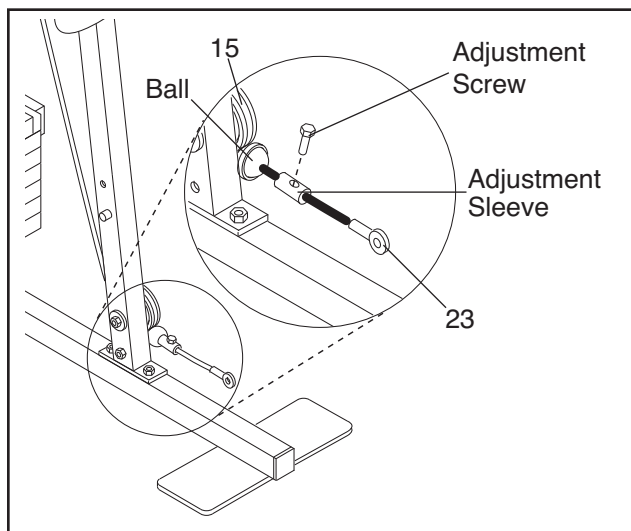


TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the training system. Replace any worn parts immediately. The training system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

TIGHTENING THE CABLES

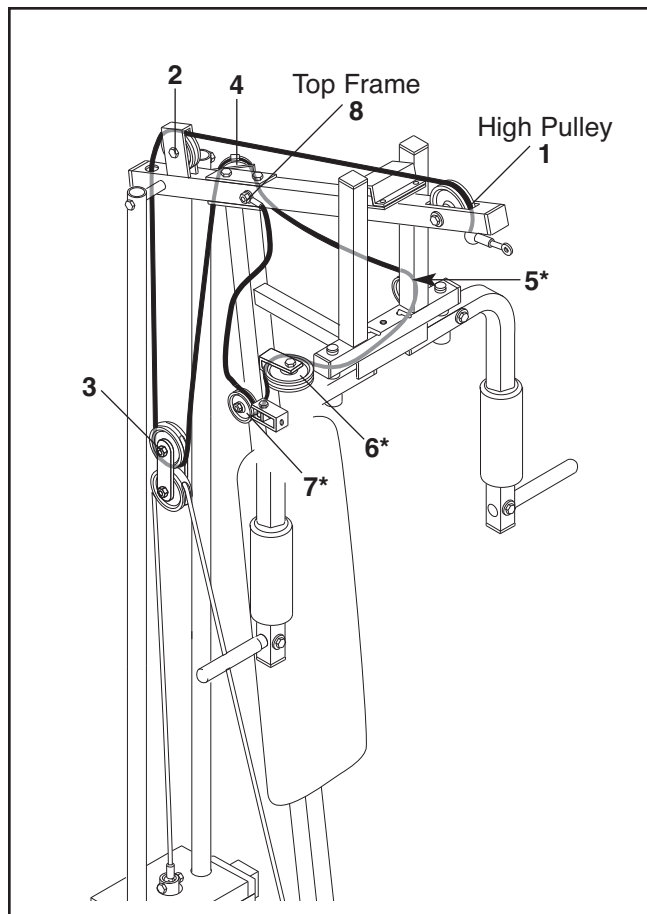
Woven cable, the type of cable used on the training system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Locate the adjustment sleeve and adjustment screw near the lower end of the Short Cable (23). Loosen the adjustment screw. Pull the end of the Short Cable until there is no slack. Slide the adjustment sleeve and the ball against the indicated 3 1/2" Pulley (15). Retighten the adjustment screw. Make sure that the cables are not too tight, or the top weight will be lifted off the weight stack.



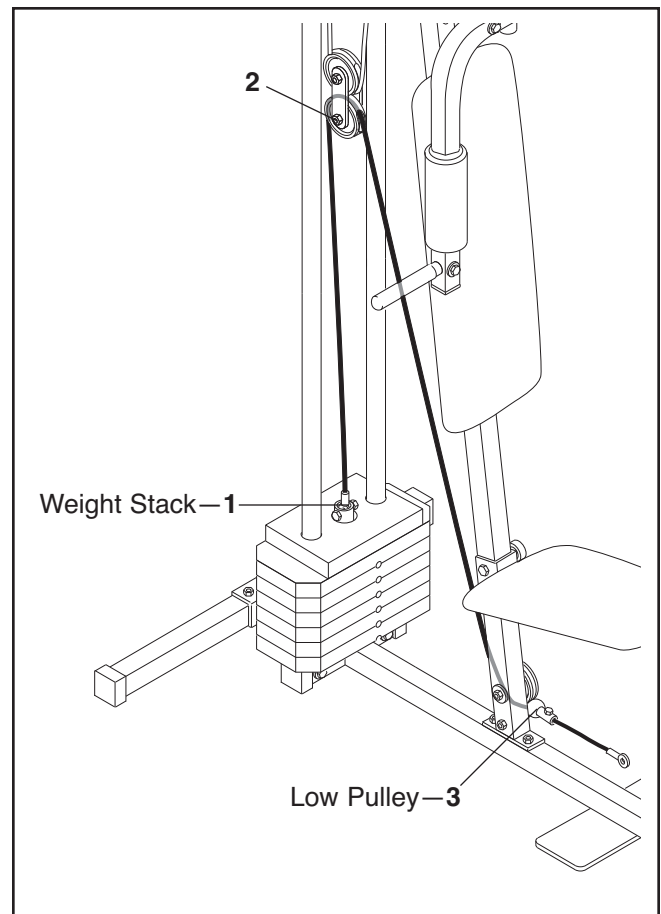
CABLE DIAGRAMS

The cable diagrams below show the proper routing of the Short Cable (23) and the Long Cable (66). Use the diagrams to make sure that the two cables are assembled correctly. The numbers show the routing of each cable.

Long Cable (66)



Short Cable (23)



NOTES

PART LIST—Model No. WEEMSY87010

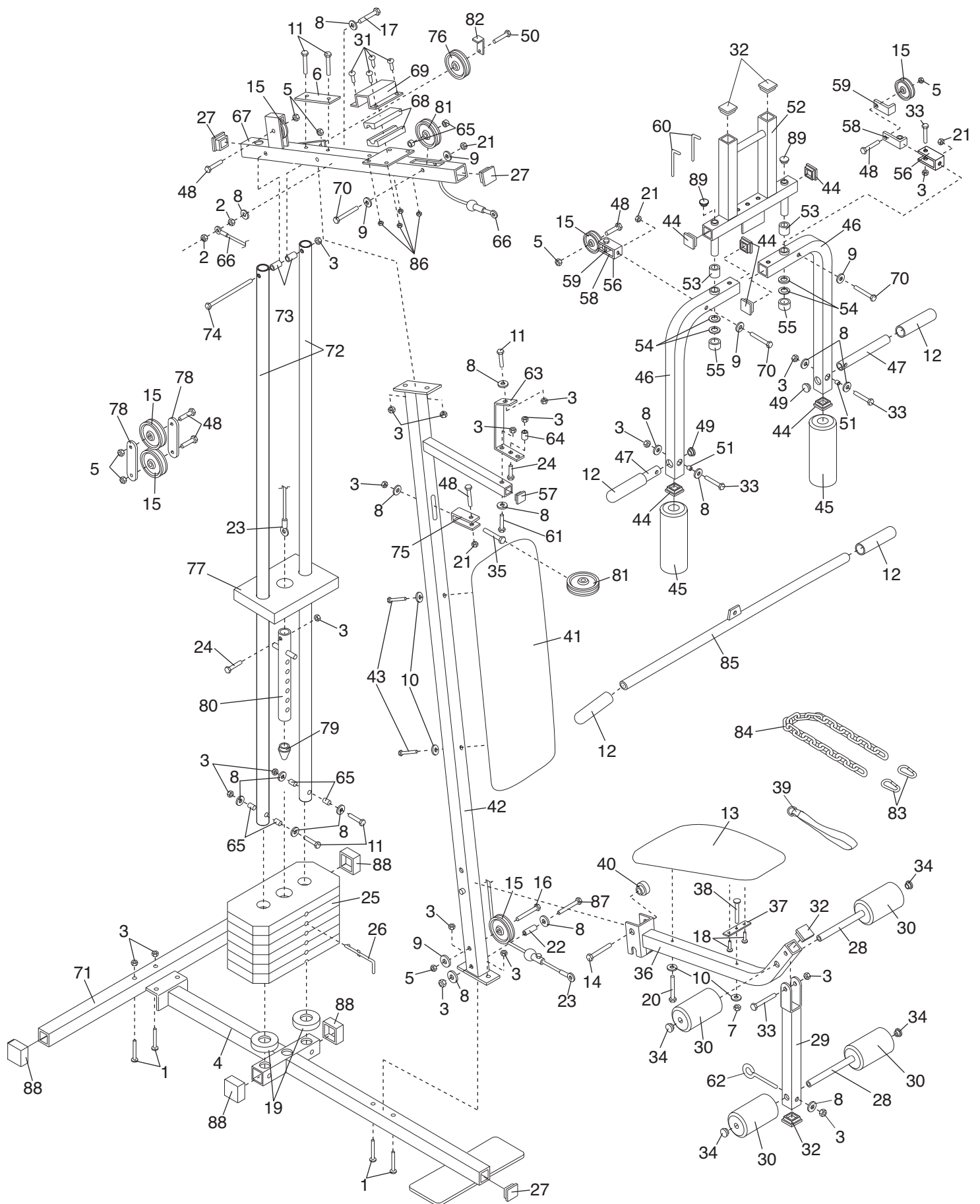
R0901A

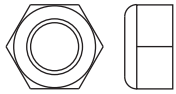
Key No.	Qty.	Description	Key No.	Qty.	Description
1	4	5/16" x 2 1/2" Carriage Bolt	46	2	Arm
2	2	5/16" Nylon Jam Nut	47	2	7" Handle
3	21	5/16" Nylon Locknut	48	6	3/8" x 1 3/4" Bolt
4	1	Base	49	2	1" Round Inner Cap
5	7	3/8" Nylon Jam Nut	50	1	3/8" x 2 1/4" Bolt
6	1	Support Plate	51	2	1/2" x 3/8" Spacer
7	1	1/4" Nylon Locknut	52	1	Arm Frame
8	16	5/16" Washer	53	2	Plastic Bushing
9	5	3/8" Washer	54	4	1" Retainer
10	4	1/4" Washer	55	2	1" Round Cover Cap
11	5	5/16" x 2 3/4" Bolt	56	2	Large "U" Bracket
12	4	Handgrip	57	1	1 1/4" Square Inner Cap
13	1	Seat	58	2	Swivel Bracket
14	1	5/16" x 2 3/4" Carriage Bolt	59	2	Cable Trap
15	5	3 1/2" Pulley	60	2	4 1/2" "L" Pin
16	1	3/8" x 3 1/2" Bolt	61	1	5/16" x 2" Bolt
17	1	5/16" x 3" Bolt	62	1	5/16" x 2" Eyebolt
18	2	1/4" x 3/4" Screw	63	1	Stop Bracket
19	2	Weight Bumper	64	1	1" Plastic Stop
20	1	1/4" x 2" Screw	65	6	1/2" x 1/2" Spacer
21	4	3/8" Nylon Locknut	66	1	Long Cable
22	1	1" Metal Spacer	67	1	Top Frame
23	1	Short Cable	68	2	Arm Frame Bushing
24	2	5/16" x 1 1/2" Bolt	69	1	Arm Frame Bracket
25	6	Weight	70	3	3/8" x 2 3/4" Bolt
26	1	Weight Pin	71	1	Stabiliser
27	3	2" Square Inner Cap	72	2	Weight Guide
28	2	Pad Tube	73	2	1/2" x 3/4" Spacer
29	1	Leg Lever	74	1	5/16" x 6" Bolt
30	4	Pad	75	1	Adjustment "U" Bracket
31	4	1/4" x 1/2" Screw	76	1	"V" Pulley
32	4	1 1/2" Square Inner Cap	77	1	Top Weight
33	5	5/16" x 2 1/4" Bolt	78	2	"I"-Plate
34	4	3/4" Round Inner Cap	79	1	Weight Tube Bumper
35	1	5/16" x 3 1/4" Bolt	80	1	Weight Tube
36	1	Seat Frame	81	2	4 1/2" Pulley
37	1	Seat Plate	82	1	Large Cable Trap
38	1	1/4" x 2" Carriage Bolt	83	2	Cable Clip
39	1	Nylon Strap	84	1	Chain
40	1	Seat Knob	85	1	Lat Bar
41	1	Backrest	86	4	1/4" Nylon Jam Nut
42	1	Front Upright	87	1	5/16" x 3 1/2" Bolt
43	2	1/4" x 2 1/2" Screw	88	4	2" Square Outer Cap
44	6	1 3/4" Square Inner Cap	89	2	Round Inner Cap
45	2	7 3/4" Pad	#	1	User's Manual

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

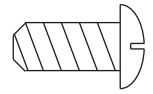
EXPLODED DRAWING—Model No. WEEMSY87010

R0901A

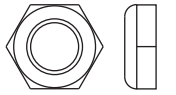




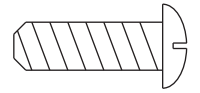
1/4" Nylon Locknut (7)



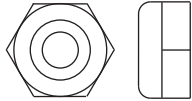
1/4" x 1/2" Screw (31)



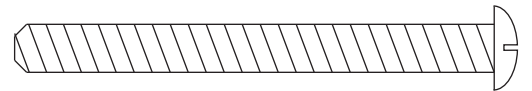
1/4" Nylon Jam Nut (86)



1/4" x 3/4" Screw (18)



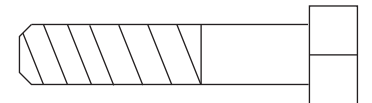
5/16" Nylon Jam Nut (2)



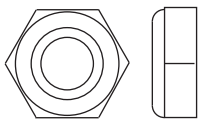
1/4" x 2 1/2" Screw (43)



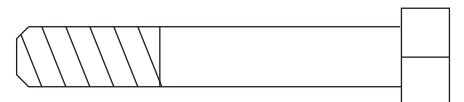
5/16" Nylon Locknut (3)



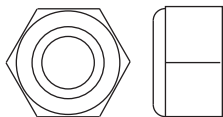
5/16" x 1 1/2" Bolt (24)



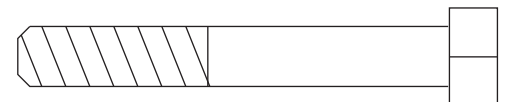
3/8" Nylon Jam Nut (5)



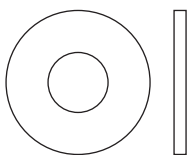
5/16" x 2" Bolt (61)



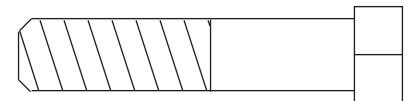
3/8" Nylon Locknut (21)



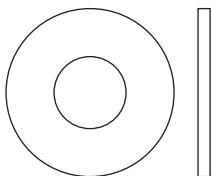
5/16" x 2 1/4" Bolt (33)



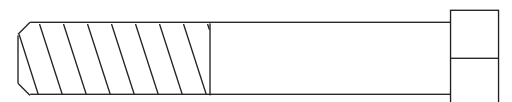
1/4" Washer (10)



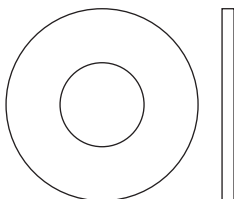
3/8" x 1 3/4" Bolt (48)



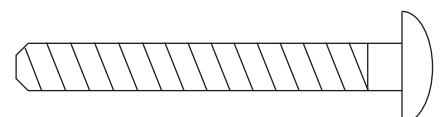
5/16" Washer (8)



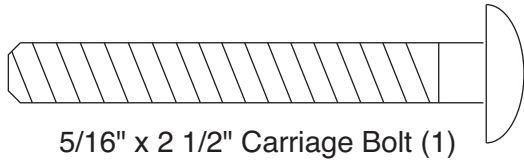
3/8" x 2 1/4" Bolt (50)



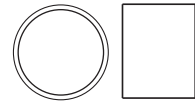
3/8" Washer (9)



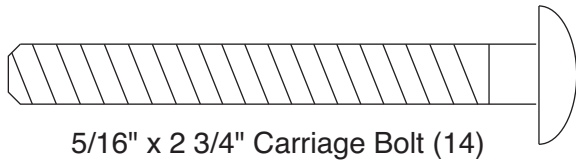
1/4" x 2" Carriage Bolt (38)



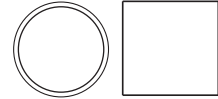
5/16" x 2 1/2" Carriage Bolt (1)



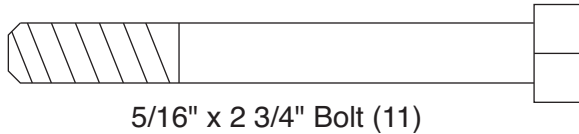
1/2" x 3/8" Spacer (51)



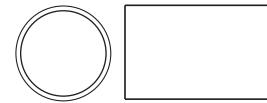
5/16" x 2 3/4" Carriage Bolt (14)



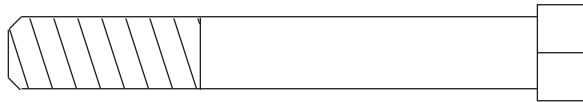
1/2" x 1/2" Spacer (65)



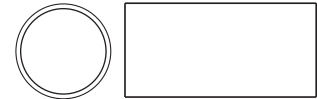
5/16" x 2 3/4" Bolt (11)



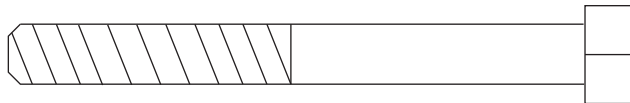
1/2" x 3/4" Spacer (73)



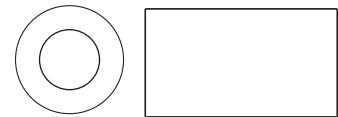
3/8" x 2 3/4" Bolt (70)



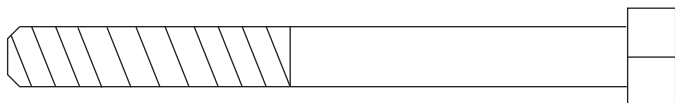
1" Metal Spacer (22)



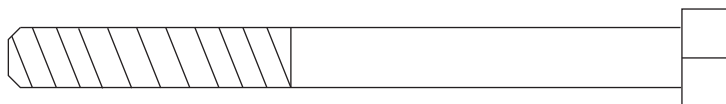
5/16" x 3" Bolt (17)



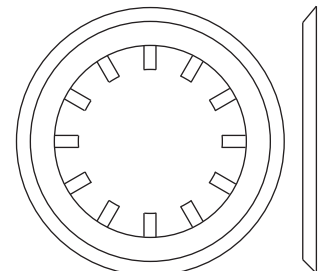
1" Plastic Stop (64)



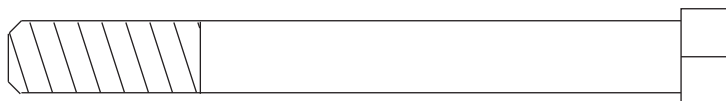
5/16" x 3 1/4" Bolt (35)



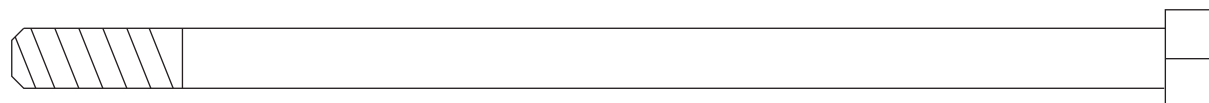
5/16" x 3 1/2" Bolt (87)



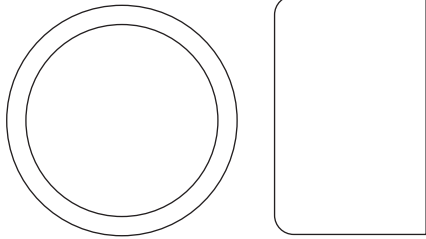
1" Retainer (54)



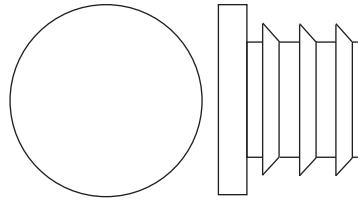
3/8" x 3 1/2" Bolt (16)



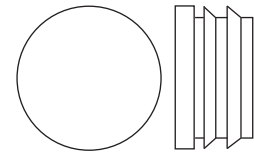
5/16" x 6" Bolt (74)



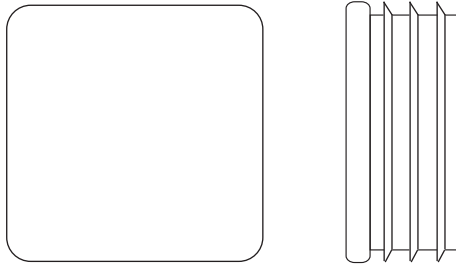
1" Round Cover Cap (55)



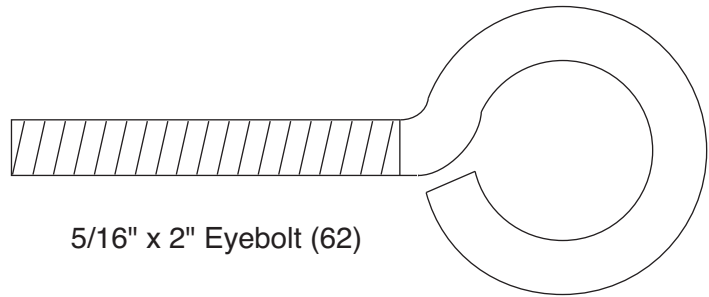
1" Round Inner Cap (49)



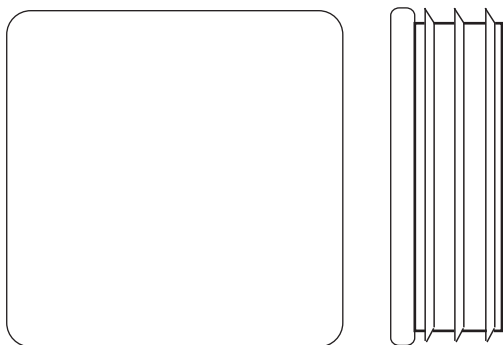
3/4" Round Inner Cap (34)



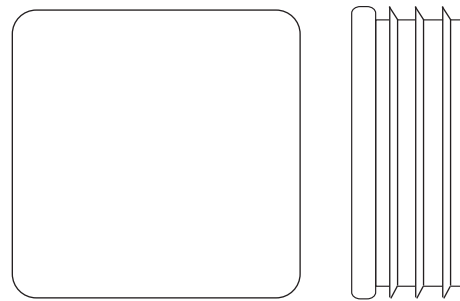
1 1/4" Square Inner Cap (57)



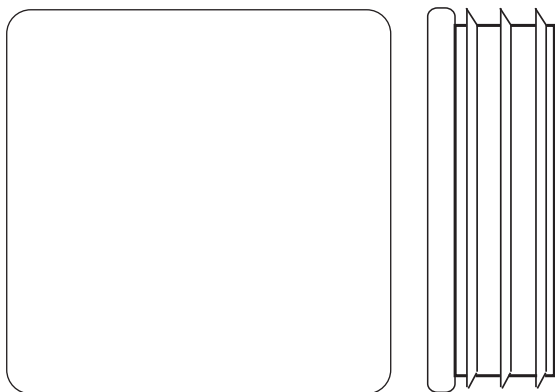
5/16" x 2" Eyebolt (62)



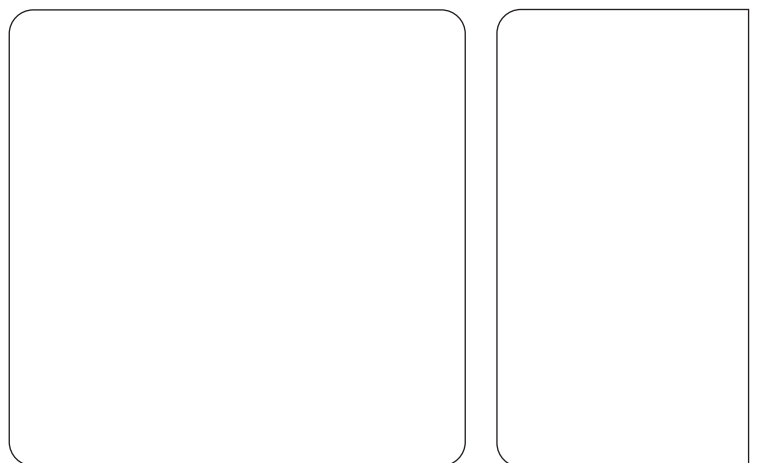
1 3/4" Square Inner Cap (44)



1 1/2" Square Inner Cap (32)



2" Square Inner Cap (27)



2" Square Outer Cap (88)

ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Fitness Lifestyle Ltd. office, or write:

Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel: Country Code:

08457 089 009

Outside the UK: 0 (044) 113 387 7133

Fax: 0 (044) 113 387 7125

Please provide the following information when ordering replacement parts:

1. The MODEL NUMBER of the product (WEEMSY87010).
2. The NAME of the product (WEIDER® 8507 Training System).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 22 of this manual).

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